

THE HOLY TRINITY HERALD

THE MONTHLY NEWSLETTER OF

HOLY TRINITY GREEK ORTHODOX CHURCH

ROANOKE, VIRGINIA

VOL. 23 ISSUE 8

AUGUST 2025

Dear Brothers and Sisters,

One of the last acts of Jesus as He was dying on the Cross was to entrust the care of His Mother to the care of His disciple, John,

Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the *wife* of Clopas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own *home*. (John 19:25-27, NKJV)

There was, of course, a practical significance to this: someone had to take care of Jesus' aging Mother after His death. Mary had no other children, and it was very difficult for women to live on their own in the Ancient Near East. But the very fact that these words made it into the Gospel shows that they have a greater-than-practical significance. The vast majority of Jesus' interactions with His Mother were not written down in Scripture, so what was recorded must only have been included because of its unique relevance to later generations. And the Church has always understood Jesus' words "Behold your mother" as being directed at all of those who would follow Him. Jesus commands His disciple John to take her as his Mother, because all of His disciples must take her as their Mother.

In the centuries following Jesus' Ascension into Heaven, the Orthodox Church has enthusiastically responded to His commandment. From the earliest days, Mary was understood to have a special role in the life and history of the Church, as witnessed by her depictions in the Gospels of Luke and John and the images and prayers to her which began to appear in the first centuries of Christianity. By the Third Ecumenical Council in 431 AD, it was determined that those who do not honor her as "Theotokos" ("One-who-gave-birth-to-God") is a heretic, someone outside of the boundaries of Orthodoxy. To this day she is honored continuously with icons, churches, prayer services and holidays dedicated to her. The faithful of the Orthodox Church deeply understand her to be our Mother.

But it must be mentioned, that the Church is not alone in responding positively to Christ's commandment — Mary has shown herself to be obedient to the Lord, even long after her earthly life. She lovingly embraces all believers as her own children when they call on her with faith. Whether causing healing springs to bubble up from the ground in ancient Constantinople, appearing to Greek soldiers on the front line in the Second World War, or

causing myrrh to flow from icons in modern day America, the Mother of God continues to actively manifest her presence in the life of the Church.

August is the time when we particularly honor the Theotokos with fasting and daily Paraklesis services in anticipation of the commemoration of her Dormition (death) on August 15th. I ask all Orthodox Christians in our parish to observe the fast, come to church, and make an extra effort to do good during the first 14 days of August, and in that way to show love to our heavenly Mother.

God bless you all!

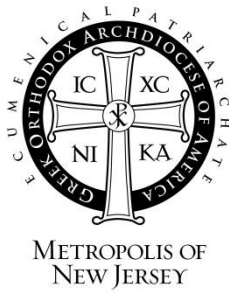
Fr. Theodore Lyketsos



HOLY TRINITY BOOKSTORE

❧ OPEN EVERY SUNDAY AFTER CHURCH ❧

WE HAVE BOOKS FOR ALL AGES, ICONS, PRAYER
ROPES, PRAYER BOOKS, CHARCOAL, INCENSE,
CENSORS, AND OTHER ITEMS.
PLEASE VISIT US AFTER THE DIVINE LITURGY ON
SUNDAYS. THANK YOU!



Holy Trinity Greek Orthodox Church

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E-MAIL: frtheohtra@gmail.com

Church Administrator: Diane Simmons

E-MAIL: htrinityroa@verizon.net

2025-2026 PARISH COUNCIL

Matt Mandros	President
Frances Simopoulos	Vice President
Carol Royal	Secretary
Maria Apostolou	Assistant Secretary
Van Kakouras	Treasurer
Angela Flegas	Assistant Treasurer

Board Members

Voula Dallas	Dr. Maria Hatzios
Beth Gianakouros	Juan Martinez
Mike Greenwood	Nada Melki

ORGANIZATIONS

Philoptochos President – Danna Owen

Religious Education – Carol Royal

Youth Director – Mike Greenwood

Greek School – Georgia Liagki, Tom Contos

Chanters – Dr. Paul Dallas, Fred Gianakouros,
& Demos Tsiakos

Dance Troupe – Dina Martinez

Bookstore – Voula Dallas

Megdova President – Dr. Paul Dallas

Webmaster – Chris Tomasello

COMMITTEES

Archives – Dr. Maria Hatzios, Caitlin
DeMarco

Finance – Mike Greenwood, Jack White, Greg
Apostolou

Grounds, Planning, & Projects – Juan
Martinez, Dr. Charles Tarasidis, Dr.
Paul Dallas, Terry Tomaras, Jack
White, Pete Simopoulos, Chris Flegas

Roanoke Greek Festival – Pete Simopoulos

Stewardship – Nada Melki

Ushering & Welcome – Maria Apostolou,
Naji Karim, Irene Karageorge

The deadline for notices to be placed in the bulletin is the 15th of each month. Please email them to htrinityroa@verizon.net on or before this date. Thank you.

SERVICE SCHEDULE

AUGUST 2025		
Fri. 8/1/2025	Small Paraklesis	6:00 PM
Sat. 8/2/2025	Vespers	5:00 PM
Sun. 8/3/2025	8TH Sunday of Matthew	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 1st Letter to the Corinthians 1:10-17</i>	Gospel: Matthew 14:14-22
Usher(s):	Angela Flegas, Carol Royal, Larry Owen	
Mon. 8/4/2025	Small Paraklesis	6:00 PM
Tues. 8/5/2025	Vespers of Transfiguration IN CHARLOTTESVILLE	
Wed. 8/6/2025	Transfiguration of Jesus Christ	8:00 AM Orthros 9:00 AM Liturgy
	Small Paraklesis	6:00 PM
Thurs. 8/7/2025	Great Paraklesis	6:00 PM
Fri. 8/8/2025	Small Paraklesis	6:00 PM
Sat. 8/9/2025	Vespers	5:00 PM
Sun. 8/10/2025	9th Sunday of Matthew	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 1st Letter to the Corinthians 3:9-17</i>	Gospel: Matthew 14:22-34
Usher(s):	Maria Hatzios, Voula Dallas, Naji Karim	
Mon. 8/11/2025	Small Paraklesis	6:00 PM
Tues. 8/12/2025	Great Paraklesis	6:00 PM
Wed. 8/13/2025	Small Paraklesis	6:00 PM
Thurs. 8/14/2025	Vespers of Dormition	6:00 PM
Fri. 8/15/2025	Dormition of the Theotokos	8:00 AM Orthros 9:00 AM Liturgy
Sat. 8/16/2025	Vespers	5:00 PM
Sun. 8/17/2025	10th Sunday of Matthew	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 1st Letter to the Corinthians 4:9-16</i>	Gospel: Matthew 17:14-23
Usher(s):	Beth Gianakouros, Juan Martinez, Lampros Panogeorgos	
Sat. 8/23/2025	Apodosis of Dormition/Panagia Prousiotissa	8:00 AM Orthros 9:00 AM Liturgy
	Vespers	5:00 PM
Sun. 8/24/2025	11th Sunday of Matthew	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's 1st Letter to the Corinthians 9:2-12</i>	Gospel: Matthew 18:23-35
Usher(s):	Nada Melki, Frances and Pete Simopoulos	
Fri. 8/29/2025	Beheading of John the Baptist	8:00 AM Orthros 9:00 AM Liturgy
Sat. 8/30/2025	Vespers	5:00 PM
Sun. 8/31/2025	12th Sunday of Matthew	9:00 AM Orthros 10:00 AM Liturgy
Epistle:	<i>St. Paul's Letter to the Hebrews 9:1-7</i>	Gospel: Matthew 19:16-26
Usher(s):	Matt Mandros, Maria Apostolou, Irene Karageorge	

USHERS ARE REQUIRED TO ARRIVE FIFTEEN MINUTES PRIOR TO BEGINNING OF LITURGY! THE USHER LEADER IS TO ARRIVE FOR THE BEGINNING OF ORTHROS. IF YOU ARE NOT ABLE TO USHER AS SCHEDULED, PLEASE CONTACT ANOTHER USHER FROM YOUR LIST TO REPLACE YOU.

Weekly Classes & Worship

Path to Eternity with Fr. Theodore is on Sundays after Divine Liturgy in the Conference Room. Everyone is welcome to join, whether they are just curious about Orthodoxy, or they have been part of the Church their whole life! You do not need to have attended a previous class in order to come.

Bible Study will resume on September 3rd

Holy Trinity Roanoke is on YouTube! God willing, we will soon have the capability to broadcast services as well.

Check it out: <https://www.youtube.com/@HolyTrinityRoanoke>



THE ORTHOCHAT EPISODE 70: FR. THEODORE LYKETSOS

Fellowship Hour Hosts for June-July 2025



June 1	Greek and Sunday School Celebration
June 8	Pentecost – Ethnic Potluck
June 15	1 Year Memorial for JoAnne Stamus, 33 Year Memorial for Spero Paul Stamus
June 22	7 Year Memorial for Sandra Alibertis
June 29	Mandros and Jackson Families

The 2025 calendar is posted in the church hall; please show your hospitality by signing up to be a host.

If there is no sponsor, we will designate every 1st Sunday of the

month PotLuck Sunday. Any parishioner may bring a dish. Check your Friday email to see if the 1st Sunday is Pot Luck.

July 6	Potluck
July 13	Zeidan Family – Memorial for Parents, Vickie Stamus 3 Year Memorial
July 20	Raven Guiliani
July 27	The Ilumin Family

If you have questions reach out to Danna Owen at Philoptochosroanoke@gmail.com

Announcements

Welcome To Holy Trinity!

Welcome to all visitors and newcomers. Special thanks to Father Nick Pappas and Father Bill Bartz for filling in during Father Theodore's vacation.

Congratulations to Michael Harding on his baptism.

We hope everyone is enjoying the summer.

- from the Ushering and Welcome committee
(Maria Apostolou, Naji Karim & Irene Karageorge)

Potluck Sunday

Potluck Sunday is August 3rd.

Baptisms

Michael Harding was baptized as Michael on Saturday, July 5th, at 10am. His sponsor is Naji Karim.

Community Garden

Christ is in our midst! The community garden is going well! The tomato plants have really taken over the one bed and the carrots are looking close to being ready. If anyone wants to go and pick any of the tomatoes that are ripe or wants any basil, please feel free to help yourself! There are a few empty beds if anyone wants to plant anything, and we are currently thinking about plants for the fall/winter time so any suggestions are helpful. Also, we had an idea to plant white flowers that could be used to decorate the tomb for Pascha and any input there is also helpful!



Thank you!
Caitlin and Grace

Religious Education

We pray that everyone is having a blessed summer!

During August we celebrate the Transfiguration of Our Lord and commemorate the Dormition of the Theotokos. Please learn more about these important events and plan to come to the services to be held.

We plan to resume Sunday classes after our Drive Through fundraiser in September.

In His Service,
Fred Gianakouros

Memorials

On the 15th of June, there was a memorial for Spero Paul (33 years) and JoAnne (1 year) Stamus, parents of Melanie Mandros.

On the 22nd of June there was a 7 year memorial for Sandra Alibertis, mother of Kostas Alibertis.

On the 13th of July there were memorials for the parents of the Zeidans, Vickie Stamus (3 years, mother of Maria Stamus), and Lee Joseph Guiliani (6 month, husband of Raven Guiliani).

May their memory be eternal.

Upcoming Memorials

On August 17th, there will be a 40 Day Memorial for Presvytera Denisa's Grandmother.

May her memory be eternal.

Parish Council News

As we return from our summer vacations we reflect on our shared mission and plan for a vibrant fall season.

- Stewardship Reminder: As summer often brings a dip in attendance, we encourage all parishioners to reflect on their stewardship of time, talent, and treasure. Your consistent support strengthens our community's ability to serve and grow. Please prayerfully consider how you can contribute in the coming months.
- Sunday School Volunteers Needed: With the new Sunday School year approaching, and our growing attendance, we're seeking dedicated volunteers to share their gifts with our children and youth. We especially need help with pre-k to 2nd grade class. No experience is necessary—only a heart for teaching and guiding our young members in their faith. Contact Fred or Diane to learn more.
- Festival Preparations: The Big Fat Greek Drive-Thru is fast approaching September 26, 27 and 28. Please check the parish [calendar](#) for opportunities to help with preparations,

including setup, food prep, and more. Your participation makes this cherished event a success!

Thank you for your commitment to our church family. For more information or to get involved, contact the church office. The next Parish Council meeting is scheduled for August 10th.

With gratitude and love in Christ,

Matthew

Philoptochos News

AUGUST NEWSLETTER

Many thanks to everyone who assisted before, during and after Metropolitan Apostolos' visit. There are 3 people in particular that I want to mention. Vickie Tsiakos and Larry Owen who prepped, cooked and served the food and Frances Simopoulos who handled the pre planning logistics to make sure everything and everyone was on point, on plan and in place! It was a day to be proud of!

Congratulations to the newly elected Philoptochos Board of Directors. The following board members have been elected to office for the 2025-2027 Term.:

Danna Owen -President
Frances Simopoulos-Vice-President
Maria Flegas-Treasurer
Maria Stamus-Assistant Treasurer
Melanie Mandros-Recording Secretary
Anna Robertson-Corresponding Secretary
Voula Dallas-Board Member
Julie Williams-Board Member

In addition to assisting an unhoused individual purchase personal care items and clothing to attend a job interview, Philoptochos has donated food warmers to The Least of These day shelter and funding for an air conditioning unit. We also made a contribution to The Life Ring Foundation, focused on awareness, care, cure and treatment of childhood cancer in our area.

If you would like to help us help our community and those in need, please make a donation through online donation, cash or check made out to Philoptochos. You can link your Kroger Card to our Philoptochos too! Every time you shop in Kroger we will benefit!



**Greek Orthodox Ladies'
Philoptochos Society
of Holy Trinity Church**

Coffee hour sponsors are still needed on many Sundays. Sign up on the calendar in the hall. Please remember that if there is no sponsor, coffee only will be served.

Pray for Peace,
Danna

Roanoke



As we observe the Dormition of the Theotokos fast and prepare for the Big Fat Greek Drive-Thru, please note that our next outing is scheduled for October. More details will be shared in the September and October bulletins.

If you have any questions or suggestions for our Club, please contact me at francesimopoulos@gmail.com or 434.851.6830.

Frances Simopoulos

BIG FAT GREEK DRIVE-THRU



**September
26, 27 & 28**

RoanokeGreekFestival.com

Only 55 Days Until the Big Fat Greek Drive-Thru! Our largest fundraiser of the year is just around the corner, and we need **YOUR** help to make it a success!

As we finalize the number and types of roles needed for this exciting new format, we are asking **all parishioners to sign up for the days and time slots you are available to volunteer.** Please consider volunteering every day and give as much of your time and talents as possible.

Mark your calendars:

- **Set-up begins the week of September 22.**
- **Drive-Thru Days: September 26, 27 & 28**
- **Tear-down: Monday, September 29**

Why we need you:

- **Friday, September 26 is especially critical.** A smooth and strong start sets the tone for the entire weekend, so we are counting on many volunteers that day! **The official work schedule will be posted online and in the Fellowship Hall in the coming week.**
- It takes a **village** (and many hands) to bring this event to life.
- Volunteering is a fun and meaningful way to meet new faces and strengthen our parish family.
- Be sure to review the **Baking Schedule** attached for other important dates.

Help spread the word!

Billstuffers and posters are available on the Fellowship Hall tables. Take a few and share them with friends, neighbors, and local businesses. **Word of mouth is one of the most powerful ways to promote our Drive-Thru!**

Thank you in advance for your time, your energy, and your spirit of service. Let's come together to make this our best event yet! Please contact me with any questions!

I pray that we will all be blessed with good health, energy, and beautiful weather!

Peter Simopoulos, Chairman

ptsims@gmail.com or 434-851-6835

BIG FAT GREEK DRIVE-THRU Baking Schedule

Mark your calendars! Below is the August/September baking schedule. If you have any questions, please contact Frances Simopoulos at 434.851.6830 or francesimopoulos@gmail.com. Please join us in our preparations.

<i>Food/Pastry Item</i>	<i>Date and Time</i>
<i>Koulourakia</i>	<i>Saturday, August 2 at 9:30 a.m.</i>
<i>Baklava</i>	<i>Saturday, August 30 at 9:30 a.m.</i> <i>Sunday, August 31 after the Divine Liturgy</i> <i>Saturday, September 6 at 9:30 a.m.</i> <i>Sunday, September 7 after the Divine Liturgy</i>
<i>Kourambiethes</i>	<i>Saturday, September 13 at 9:30 a.m.</i>
<i>Packaging of Pastries</i>	<i>Saturday, September 20 at 9:30 a.m.</i>

Information

NAME

NAME OF SPOUSE (IF MARRIED)

STREET ADDRESS

CITY / STATE / ZIP CODE

HOME PHONE

MOBILE PHONE

EMAIL ADDRESS

EMAIL ADDRESS OF SPOUSE (IF MARRIED)

Dependent Children's names and birthdates:

May we include your contact information in the parish directory?

☐ yes ☐ no *If yes, please indicate any information you would like excluded:*

May we add you to our parish email list?

☐ yes ☐ no



treasure

In gratitude for God's blessings, I/We commit to Christ and His Church the following amount:

\$_____ each week

planned giving

☐ "____ I would like to speak with someone about how to remember the church in my will, trust, or estate plan."

We enter our spiritual home not to be entertained, but to be a part of a community of believers. We receive Jesus Christ in Holy Communion. As we pray, worship and serve together, we become His Body. To be truly a member of the Church as Body of Christ requires our presence and our engagement with one another -- in worship, study and service to others. We grow spiritually as a family. We give sacrificially as we acknowledge that all we have comes from God.

time & talent

Individual stewards should indicate areas of interest with a check (✓).

Families should mark "H" for husband, "W" for wife or "C" for children.

EDUCATION

- ☐ Bible Study
- ☐ Adult Religious Education
- ☐ Intro to Orthodoxy
- ☐ Publications
- ☐ Speakers
- ☐ Bookstore
- ☐ Library

LITURGICAL

- ☐ Sanctuary & Altar Care
- ☐ Altar boys / Acolytes
- ☐ Baking Prosphora
- ☐ Choir
- ☐ Reader
- ☐ Greeter/Usher

MINISTRIES & PROGRAMS

- ☐ Campus Ministry
- ☐ Welcome Team
- ☐ New Member Events
- ☐ Outreach
- ☐ Stewardship
- ☐ Sunday Fellowship / Coffee
- ☐ Visitation - Hospital
- ☐ Visitation - Shut-ins
- ☐ Feed the Hungry
- ☐ Prison Ministry
- ☐ Grief Bereavement Group
- ☐ Disaster Relief Projects
- ☐ Blood Drives
- ☐ Project Mexico
- ☐ Int'l Orth Christian Charities
- ☐ OCMC Mission Center
- ☐ Seniors Ministry
- ☐ Couples Ministry
- ☐ Singles Ministry
- ☐ Military Ministry

YOUTH

- ☐ Church School Teacher
- ☐ Church School Administration
- ☐ Youth Leader
- ☐ Vacation Church School
- ☐ Camp Counselor

BUILDING & GROUNDS

- ☐ Garden & Landscape
- ☐ Plumbing
- ☐ Electrical
- ☐ Clean-up
- ☐ Interior Repairs
- ☐ Exterior Repairs
- ☐ Roofing
- ☐ Hall Rentals

ADMINISTRATION

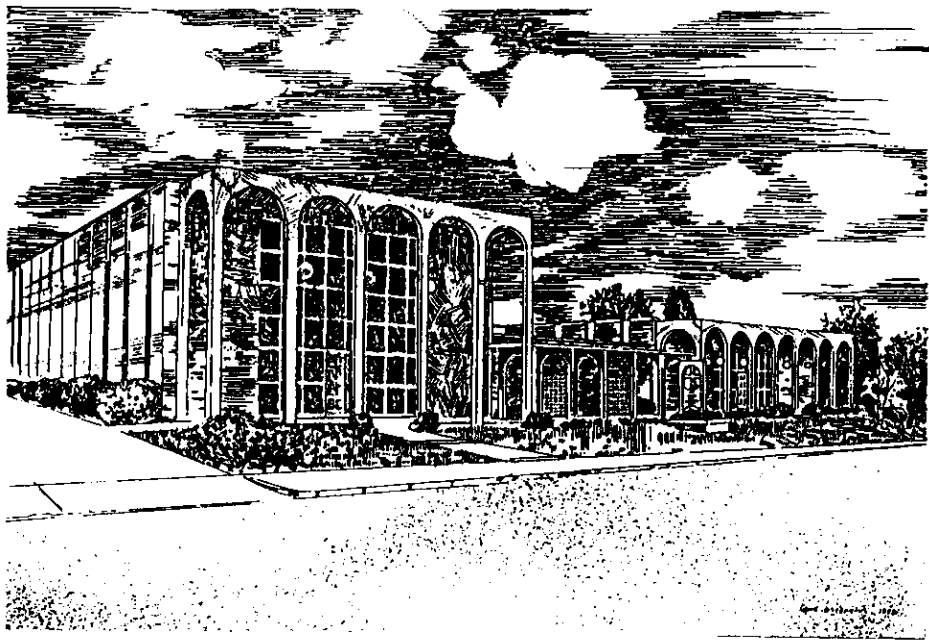
- ☐ Fiscal Mgt / Review
- ☐ By-Laws
- ☐ Development / Fundraising
- ☐ Office help
- ☐ Computer / Technical
- ☐ Data Entry

COMMUNICATIONS

- ☐ Web site & E-mail
- ☐ Bulletin & Newsletter
- ☐ Public Relations

Any other talents or information on items listed above:

HOLY TRINITY GREEK ORTHODOX CHURCH
ROANOKE, VA



TIME VALUE MATERIAL

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